

# Geel 2000 Language Schools

Science Department



Discover  
Primary (3)



First term



(2025 – 2026)

Discover



Discover

Discover

Discover

Name:.....

Class:.....



## Lesson 1

### **Making a healthy body**

When we choose the healthy habits, we make healthy mind and body.

#### **Healthy and unhealthy habits**

##### **Healthy habits**

- **Washing hands.**
- **Eating fruits and vegetables.**
- **Drinking water.**



- **Brushing teeth.**



- **Exercising and being active.**



- **Sleeping early.**





## Unhealthy habits

✿ **Skipping breakfast.**



✿ **Eating junk food.**



✿ **Playing video games all day.**



✿ **Drinking soda.**







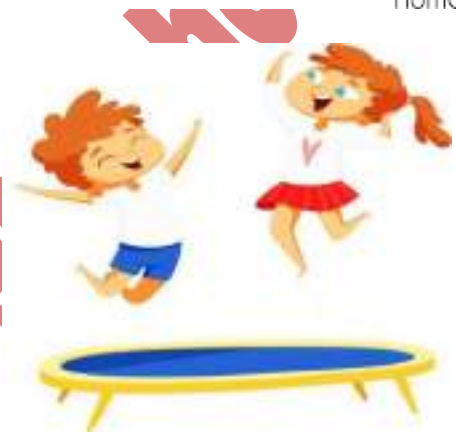
# What will happen when we choose unhealthy habits?



## Getting sick more often.



## Getting out of mood.



## Being lazy.





What will happen when we choose unhealthy habits?

◆ Getting sick more often.



◆ Getting out of mood.



◆ Being lazy.





## Worksheet

Draw 😊 for the healthy choices and ☹️ for the unhealthy choices:





## Lesson (2)

### Healthy and unhealthy food:

#### Healthy food



#### Unhealthy food

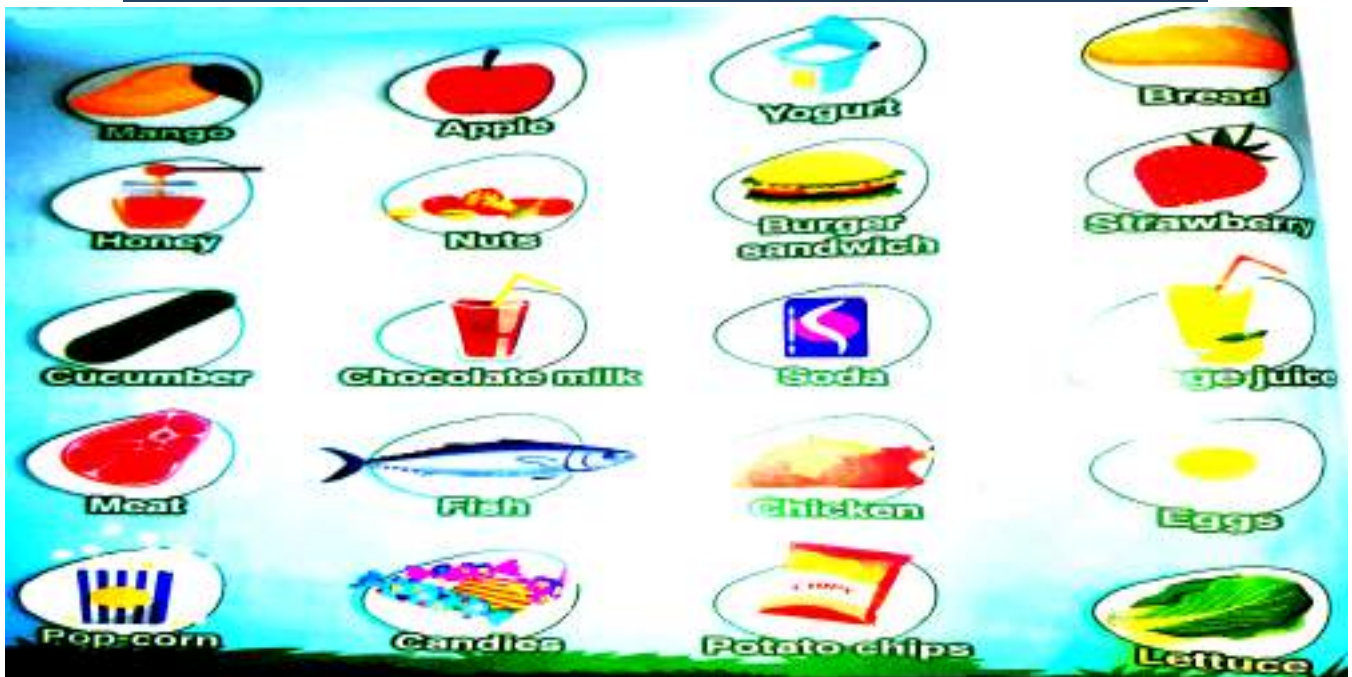


1- I will choose ....., .....,  
..... as they healthy.

2- I will not choose ....., .....,  
..... as they unhealthy.

# Worksheet

**Sort the food below into the category lists:**



**Sweet**

.....

.....

.....

**Not sweet**

.....

.....

.....

**Healthy**

.....

.....

.....

**Unhealthy**

.....

.....

.....

## Lesson (3)

# My Diet

Diet has two meanings:

- To lose weight.
- Or the food we eat regularly which includes the amounts and types of food we eat.



## Nutrients

- Nutrients are the elements found inside our food.
- Nutrients give our bodies the energy.





# Worksheet



★ Write the scientific term using the following words :

( *Diet – Nutrient* )

1- The food we eat regularly. (.....)

2- Elements found inside food. (.....)

★ Complete using the following words.

( *Bread - Yogurt – Energy - Butter – Meat –  
energy –Pasta - calcium - iron* )

1- Nutrients give us .....

2- Proteins like .....make our muscles  
stronger.

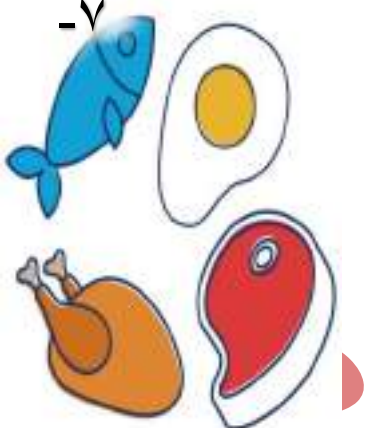
3- .....and .....are fats.

4-.....and.....are carbohydrates.

5- We found .....in milk which make our bones  
stronger.

6- We eat broccoli to get .....which  
transport oxygen from lungs to the body.



|                      |                                                |                                                  |                                                                                      |
|----------------------|------------------------------------------------|--------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>Proteins</b>      | Meat, poultry, Fish, dry beans, eggs and nuts. | Make our muscles stronger.                       |   |
| <b>Carbohydrates</b> | Bread, cereal, rice and pasta                  | Give us energy                                   |   |
| <b>Fats</b>          | Milk, yogurt, cheese, butter and oil.          | Give us energy and also important for the brain. |  |



## Worksheet

Complete using the given words:

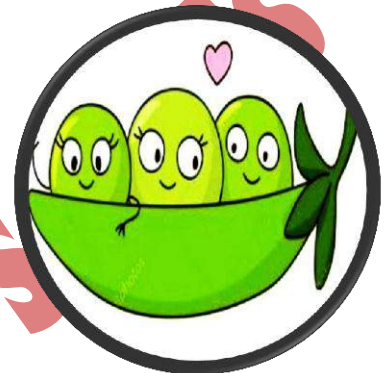
Carbohydrates – Proteins – Fats



\_\_\_\_\_



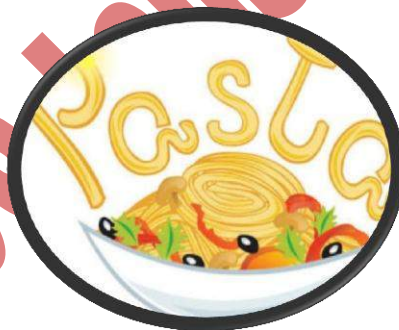
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## Lesson (4)



# Vitamins and Minerals

**Vitamins:** They are important nutrients that the body needs in small amounts for normal growth and nutrition.

### Vitamin A

It is found in:



Carrots



Orange



Eggs

**A**

**Importance :** Keeps our eyes, skin, teeth and bones healthy.

### Vitamin B

**Note:** there are many types of vitamin B such as B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub> and B<sub>12</sub>.

It is found in:



Meats



Nuts



Fish



Milk



Yogurt

**B**

**Importance :** Keeps our nervous system, skin, muscles and blood healthy.

### Vitamin C

It is found in:



Orange



Lemon



Guava



Kiwi

**C**

**Importance :** Supports the immune system.

### Vitamin D

It is found in:



Liver



Fish



Milk

**D**

**Importance :** Important for strong bones and teeth.

### Vitamin E

It is found in:



Wheat



Broccoli



Vegetable oil  
(olive oil and sunflower oil)



Spinach

**E**

**Importance :** Important for heart and blood.

### Vitamin K

It is found in:



Pear



Cucumber



Broccoli



Cabbage

**K**

**Importance :** Important for bones and blood.

## Worksheet

**★ Write the important of the following:**

**1-Vitamin (A)**

.....

**2-Vitamin (K)**

.....

**3-Vitamin (C)**

.....

**4-Vitamin (B)**

.....

**5-Vitamin (D)**

.....

**6-Vitamin (E)**

.....

**★ Write the scientific term:**

**1-Important substance that the body need for  
good healthy. (.....)**

**2- Important nutrient that the body need in small  
amount for normal growth. (.....)**

**Minerals:** They are important substances that the body needs for good healthy by forming strong bones and teeth.

### Calcium - Ca

It is found in:



Milk



Cheese



Yogurt



Broccoli

**Ca**

**Importance :**  
Helps the body to build strong bones.

### Iron - Fe

It is found in:



Eggs



Wheat



Broccoli



Red meat

**Fe**

**Importance :** Iron transports oxygen from your lungs to the rest of your body.

### Potassium - K

It is found in:



Banana



Tomato



Potato



Orange

**K**

**Importance :**  
Keeps our muscles and nervous system working properly.

### Zinc - Zn

It is found in:



Chicken



Nuts



Beans

**Zn**

**Importance :**  
Helps our immune system work well.



## Worksheet



Tick (✓) the correct answer:

1-Pineapple, lemon and peach are  
rich in vitamin .....

☐C

☐E

☐K

2- Carrots are rich in vitamin .....,  
which is good for our eyes.

☐C

☐E

☐A

3- Milk is rich in ..... mineral,  
which is good for our bones.

☐Iron

☐Manganese

☐Calcium



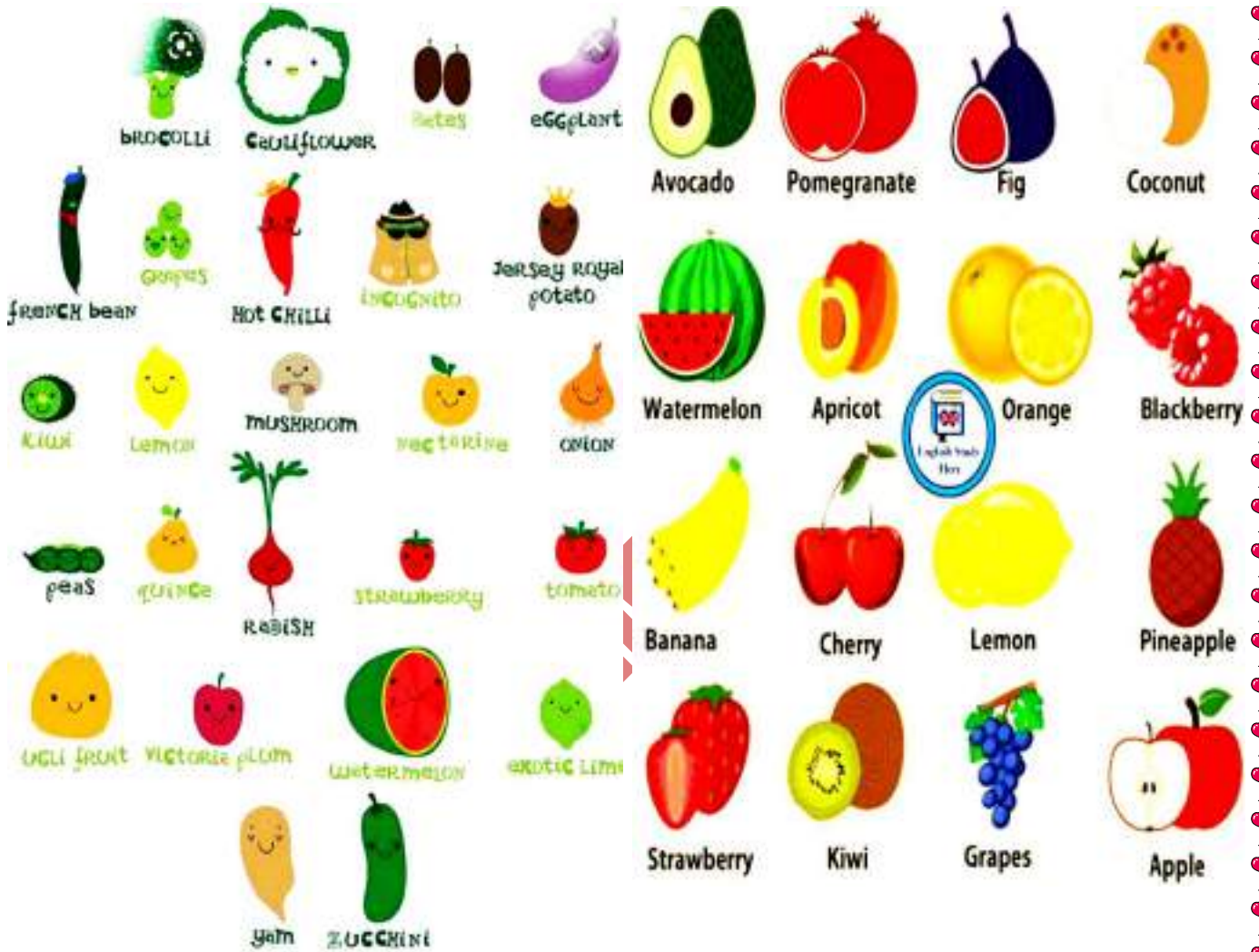
## Worksheet

**Check out the foods you have by putting (✓)  
on the nutrients we can find in each of them.**

|                                                                                                     | Carbohydrates | Fats | Proteins | Vitamins | minerals |
|-----------------------------------------------------------------------------------------------------|---------------|------|----------|----------|----------|
| <br>Broccoli       |               |      |          |          |          |
| <br>NUTS           |               |      |          |          |          |
| <br>Vegetable oil |               |      |          |          |          |
| <br>Wheat        |               |      |          |          |          |
| <br>Orange       |               |      |          |          |          |
| <br>Egg          |               |      |          |          |          |

# Worksheet

Sort each of the following fruits and vegetables according to color:



| Red | Orange | Yellow | Green | Blue/Indigo | violet |
|-----|--------|--------|-------|-------------|--------|
|     |        |        |       |             |        |
|     |        |        |       |             |        |
|     |        |        |       |             |        |



## Lesson (6)

### How much sugar?

- ★ We must eat sugar to get energy that we need.
- ★ Eating too much sugar cause some bad effects to our bodies.

#### Effect of extra sugar:

1- Causes tooth decay.



3- Adding stress to our hearts.



4- Feeling jumpy and nervous.



5- Gaining unhealthy weight.



## Worksheet

Tick (✓):



1-Eating extra sugar causes bad effects to our bodies.

☐

2-We should stop eating extra sugar.

☐

3-Eating extra sugar makes us feel happy.

☐

4-Eating extra sugar makes us gain weight.

☐

5-Eating extra sugar adds stress to our hearts.

☐

6-Eating extra sugar causes tooth decay.

☐

Give reason for:

We should eat sugar in small amount.

.....



## Lesson (7)

### Processed food & fresh food and dried food

|                                                                                   |                                                                                   |                                                                                    |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|  |  |  |
| <b>Fresh grapes</b>                                                               | <b>Dried grapes</b>                                                               | <b>Processed grapes</b>                                                            |
| <b>Natural sugar</b>                                                              | <b>Natural sugar</b>                                                              | <b>Extra sugar is added</b>                                                        |
| <b>Lots of nutrients</b>                                                          | <b>Lots of nutrients</b>                                                          | <b>Some nutrients are removed</b>                                                  |
| <b>Contain water</b>                                                              | <b>Dried in the sun "lose water"</b>                                              | <b>Contain water</b>                                                               |



## Worksheet

Color the circle in **red** if the food is processed and in **green** if the food is fresh and in **blue** if the food is dried.





**Put (✓) or (×):**

**1- Fresh peach have more nutrients. ( )**

**2- Fresh grapes have extra sugar. ( )**

**3- Dried grapes contain water. ( )**

**4- Processed grapes have natural sugar. ( )**



# Lesson (8)

## How to read nutrition facts?

1- Serving size Is the amount of food a person would normally eat at one time.

2-Calories/ energy

The amount of energy in one serving of packaged food.

3- Limit these nutrients:

It is important to limit fats.

Get enough of these nutrients: these nutrients help to keep our bodies strong and healthy.

### Nutrition facts

4 serving per container

Serving size 1 cup (227g)

Amount per serving 280

Calories

4- Quick guide to percent Daily value (DV%)

5%or less

Daily value %

Total fat 9g

12%

Saturated fat 4.5 g

23%

Trans fat 0g

0%

Cholesterol 35 mg

12%

Sodium 850 mg

37%

Total carbohydrate 34g

12%

Dietary fiber4g

14%

Sugars 6g

14%

Protein 15g

Vitamin D 0 mcg

0%

Calcium 320mg

25%

Iron 1.6 mg

8%

Potassium 510mg

10%

The **Daily value %(DV)**tells you how much of each nutrient is in one serving.







## Worksheet

Look at the nutrition labels of two different breakfast cereal  
record the amount of nutrients in the table below, then answer  
the questions:

| Cereal A                  |     | Cereal B                  |      |
|---------------------------|-----|---------------------------|------|
| Nutrition Facts           |     | Nutrition Facts           |      |
| 10 servings per container |     | 10 servings per container |      |
| Serving Size 40g          |     | Serving Size 40g          |      |
| Amount per serving        |     | Amount per serving        |      |
| <b>Calories</b>           |     | <b>Calories</b>           |      |
| 165                       |     | 122                       |      |
| %Daily value              |     | %Daily value              |      |
| Total Fat 3 g             |     | Total Fat 1 g             |      |
| Soudium 234 g             |     | Soudium 210 g             |      |
| Total Sugars 14 g         |     | Total Sugars 8 g          |      |
| Protein 1 g               |     | Protein 4 g               |      |
| Vitamin D                 | 28% | Vitamin D                 | 28%  |
| Iron                      | 14% | Iron                      | 55%  |
| Vitamin A                 | 28% | Vitamin A                 | 44%  |
| Vitamin B6                | 35% | Vitamin B6                | 44%  |
| Vitamin B12               | 35% | Vitamin B12               | 100% |
| Magnesium                 | 0%  | Magnesium                 | 22%  |
| Zinc                      | 14% | Zinc                      | 28%  |

| Breakfast cereal | Total fat | Total sugars | protein |
|------------------|-----------|--------------|---------|
| Cereal A         |           |              |         |
| Cereal B         |           |              |         |

- Which cereal is more healthy?.....
- Which cereal is less healthy?.....
- Which cereal would you choose for your breakfast? and why?

I will choose cereal .....

Because.....

## Lesson (9)



### Keeping food cold

Do you know how food was stored in the past & nowadays?

◆ In the past (no electricity)

#### zeer pot



- ◆ It is made from (2) ceramic pots, inside each other.
- ◆ There is a space between them is filled with sand and water.

#### How does it work?

- When water evaporates from the sand, it takes the heat away.
  - This acts to cool the inside of the pot, to preserve the food inside
- (Zeer pot works best in breezy area with dry air)

◆ Nowadays (electricity) :

#### Refrigerator

- It is a type of containers that works with electricity.
- It keeps the food inside it cold.



## Worksheet

### Complete using the following words:

( refrigerator – zeer pot -containers- electricity –  
store – breezy – dry)

- 1-.....is made from 2 ceramic pots, one  
inside the other.
- 2- Nowadays, we use.....to store food.
- 3- We use..... to make refrigerators work.
- 4- Refrigerator is a type of.....used  
to..... food.
- 5- Zeer pot gives the best cooling results when it is kept  
in..... area with..... air, or in shadow.

### Give reason

◆ In the past people used zeer pots to keep food cold.

.....







## Worksheet

Put (✓) beside the picture that you think it is a good way to keep our food cold.



Refrigerator

☐

Paper bag

☐

Glass dish

☐

Zeer pot

☐

Ice box

☐



## Lesson (10)

### Are these Plants Healthy?

#### 1- Healthy plants:

- 1-Plant is colorful.
- 2-Plant stands tall and firm.
- 3-Plant is healthier.



#### 2- Unhealthy plants:

- 1-Plant is dull.
- 2-Plant looks wilted or limp.
- 3-Plant is unhealthy.



## Worksheet



Put (✓) or (✗):

1-Healthy plant is colorful.

( )

2-Unhealthy plant stands tall and firm.

( )

3-Water is important for plants to stay healthy.

( )

4-Unhealthy plant is dull.

( )







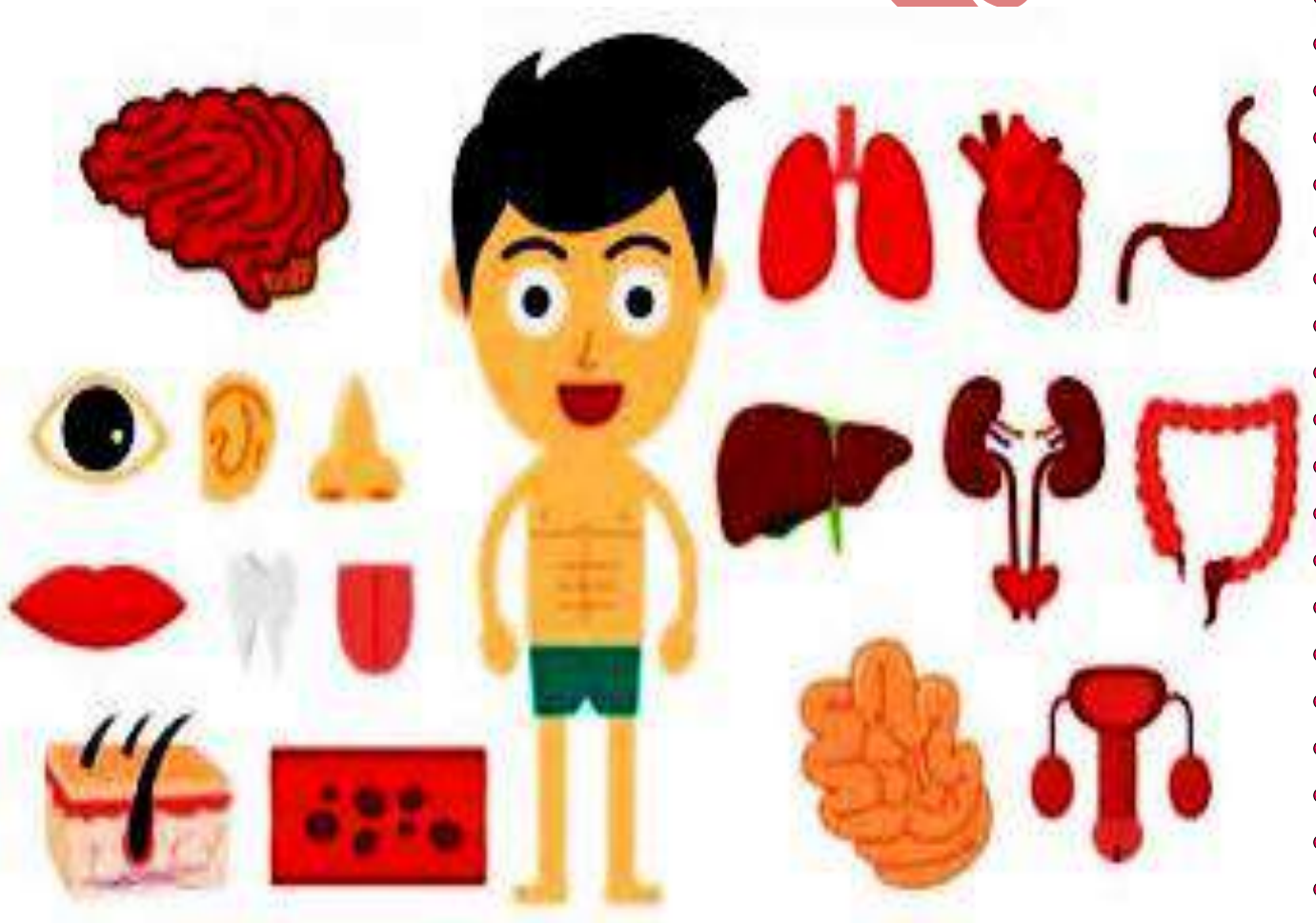
## Lesson (11)

# The Human Body

## Body parts (organs)

Seen

Unseen





## Seen parts

➤ **Mouth.**



➤ **Hair.**



➤ **Nose.**



➤ **Eyes.**



## ➤ Skin.

(Largest organ in the human body)



## ➤ Hands



## ➤ Legs.





## Unseen parts

➤ Bones.



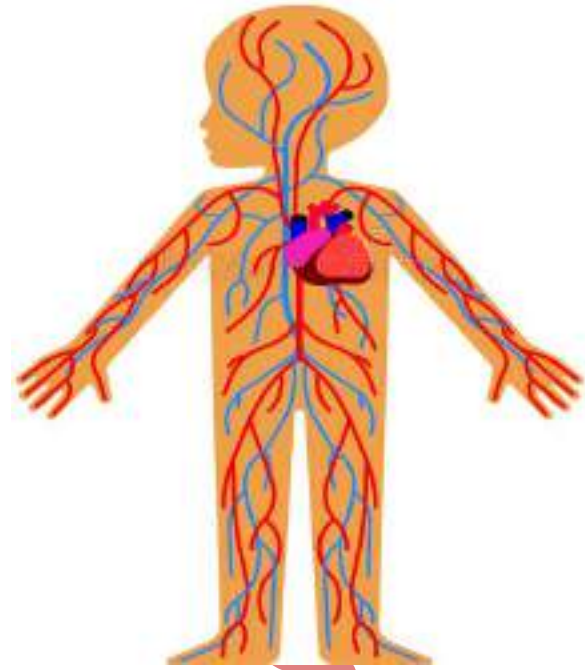
➤ Stomach.



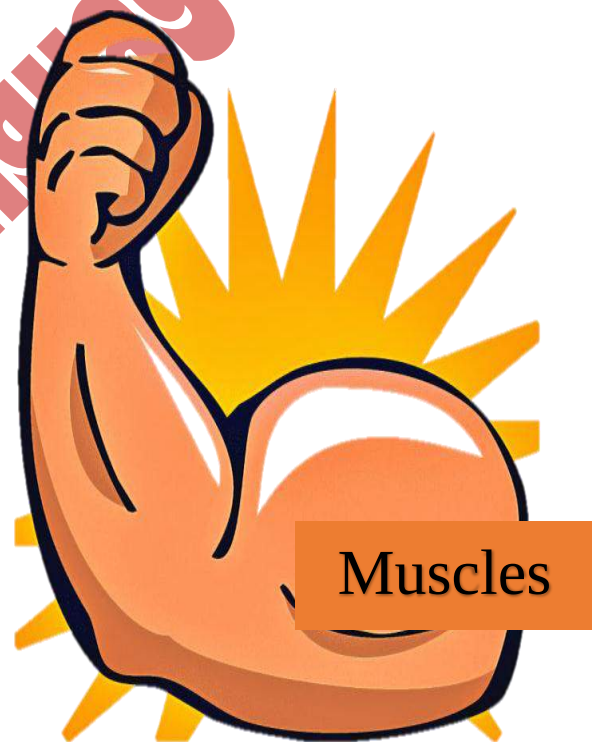
➤ Heart.



## ➤ Veins.



## ➤ Muscles



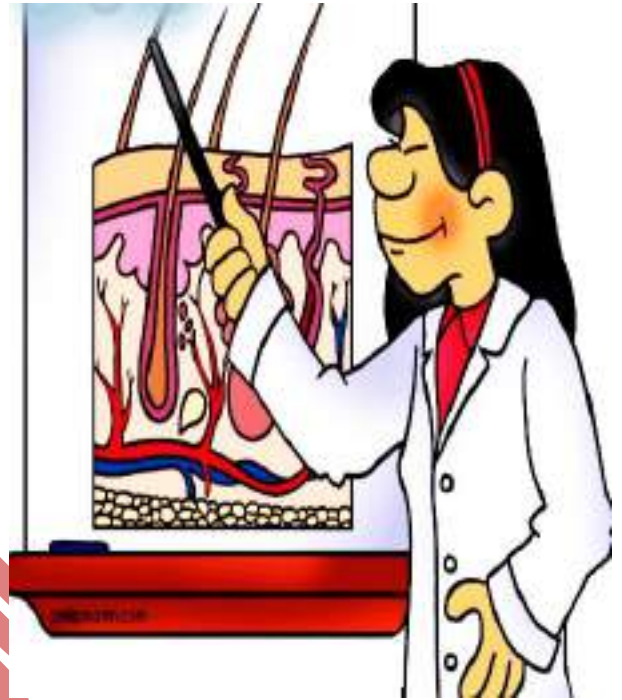
## Lesson (12)

### The Skin

- Our skin protects us.
- Skin is the largest organ in our body (weigh 4 kilograms).

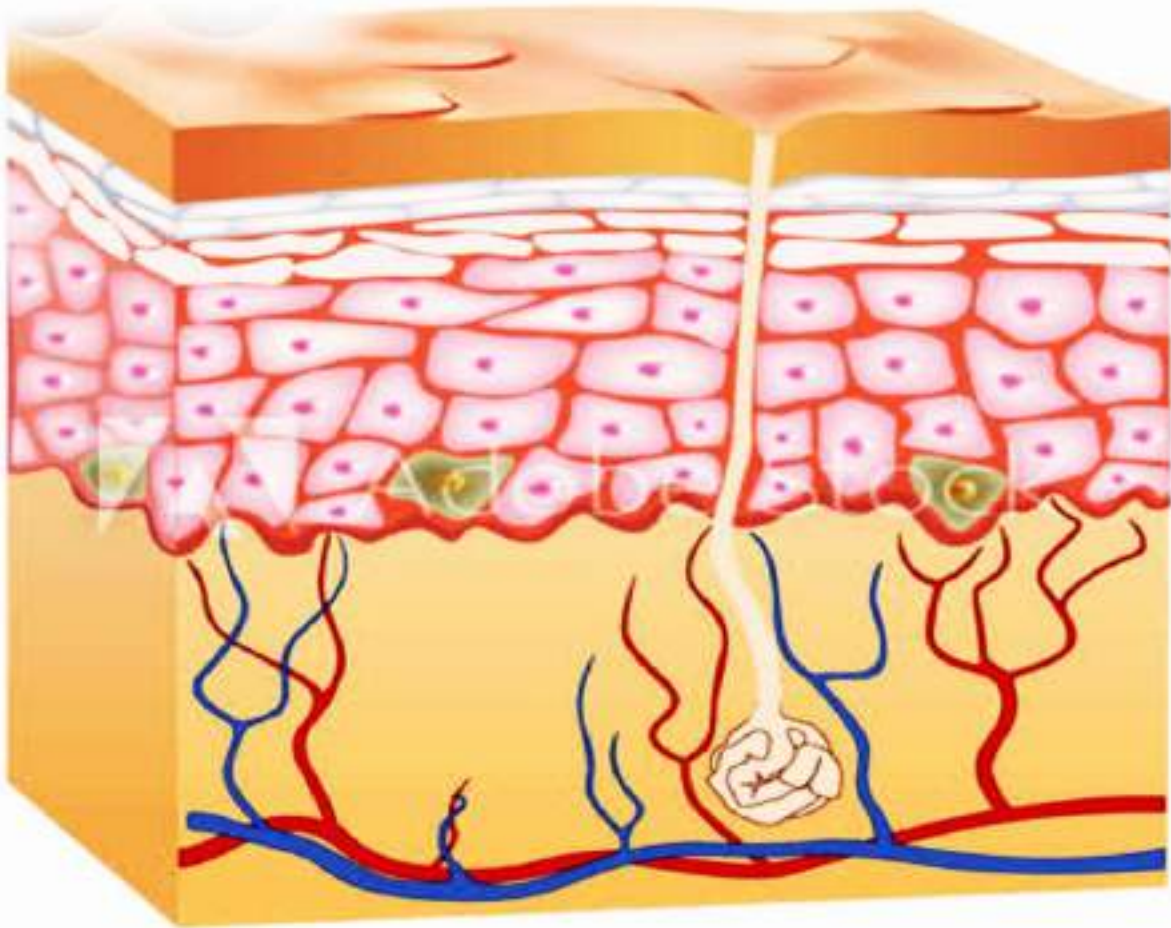
**How does skin protect us?**

- ◆ Skin is made up of multiple layers, some are seen & others are under the surface.
- ◆ Skin keeps temperature of our bodies constant.
- ◆ Skin protects our internal body organs.





## How must we protect our skin?



**You must take care of your skin to stay healthy by:**

- 1-Avoiding exposing skin too long to harmful sunrays.**
- 2- By covering – up.**
- 3- By using sunscreen.**

## Worksheet

Tick (✓) the correct answer:

- 1- Skin is a/an ..... body part.  
☐ seen ☐ unseen
- 2- Skin is the ..... organ in the human body.  
☐ smallest ☐ largest
- 3- Skin keeps the temperature of our bodies.....  
☐ constant ☐ variable
- 4- We must keep our skin healthy by ..... exposure to harmful rays.  
☐ avoiding ☐ allow

**Mention the importance of our skin?**

.....

**How can you protect our skin?**

.....



## Lesson (13)

# Bones and Muscles



- **Bones and muscles work together to help you to move and do all the activities.**
- **Bones make up skeleton.**
- **When muscles move, the skeleton moves too.**



## - Ribcage.

(Bones that protects the heart and the lungs)



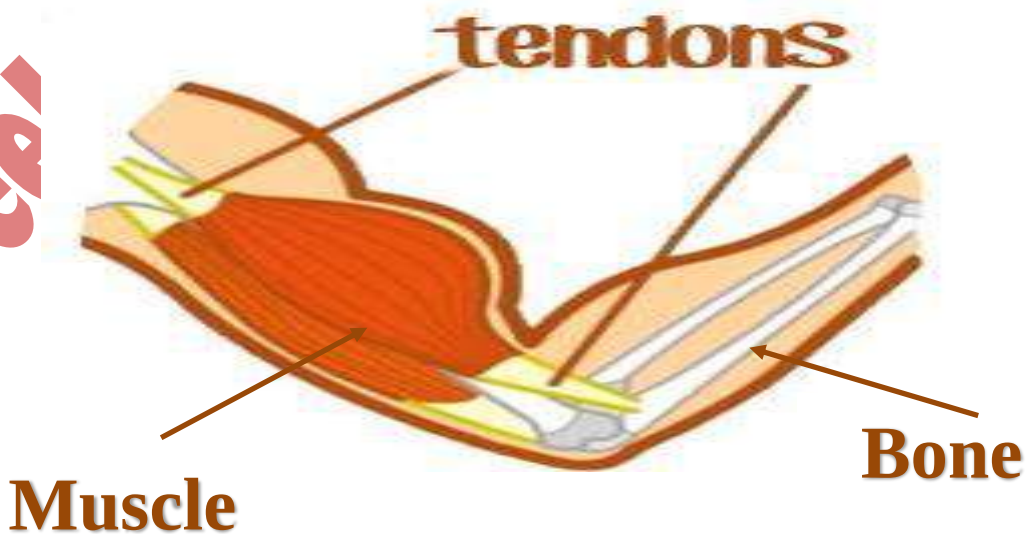
## - Skull.

(Bones box that Protects the brain)



### **Note:**

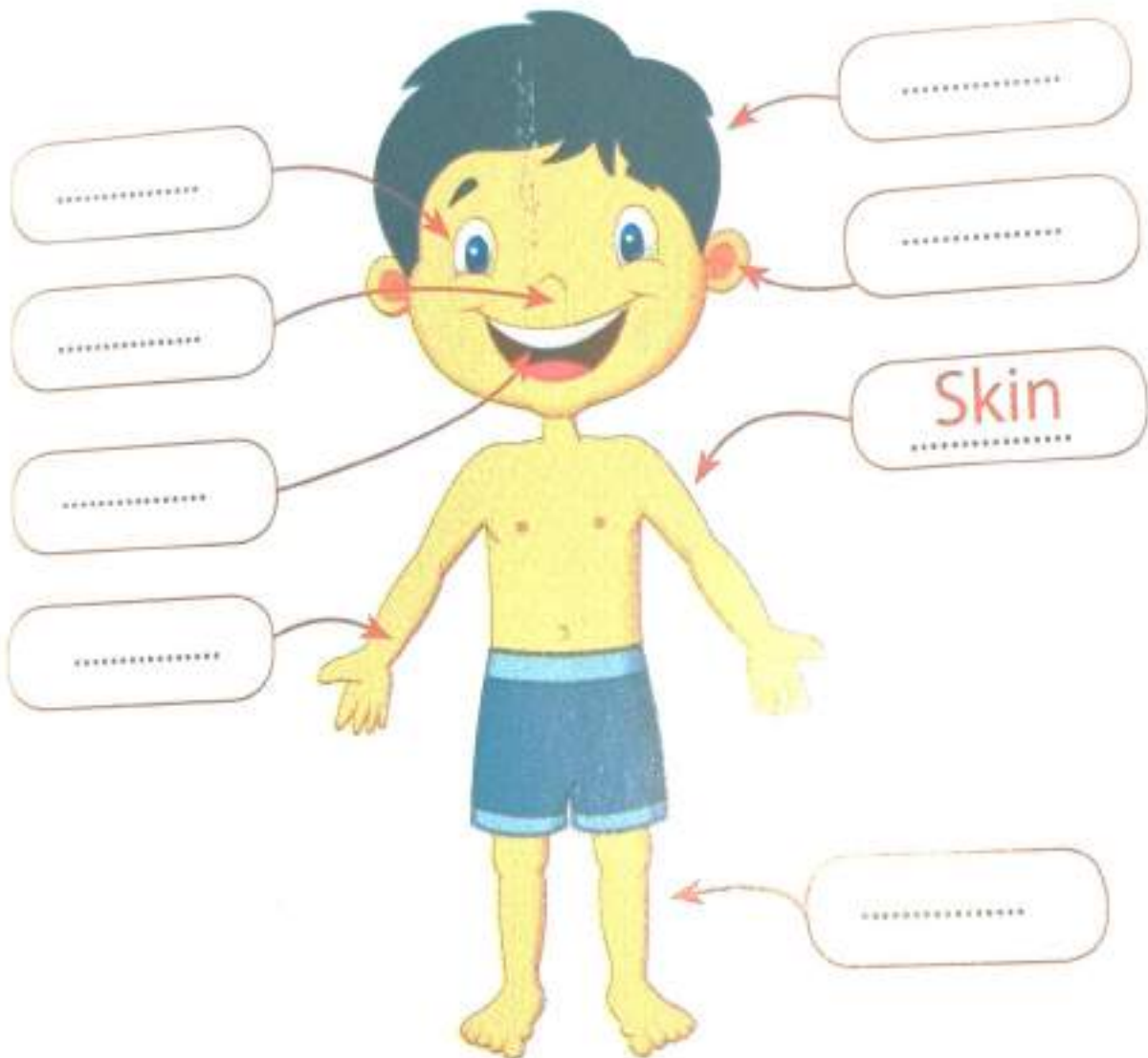
- Tendons join bones with muscle.
- Brain and lung are soft organs.



## Worksheet

Look at this diagram and choose the correct labels:

(Leg - Heart - Ear - Eye - Hand - muscles - mouth- Veins - Nose - Hair)



## Worksheet

**Tick ( ✓ ) the correct answer:**

- 1- Your muscles and..... work together to make you move.



☐ Heart

☐ bones

- 2- Bones make up your .....

☐ Skeleton

☐ muscles

- 3- What is the soft organ that the skull protects?

☐ Ear

☐ Brain

- 4- ..... bones protect the heart and the lungs.

☐ Ribcage

☐ Skull

- 5- ..... Connect (s) muscles with bones.

☐ Tendon

☐ Veins



## Lesson (14)

# Digestion

- \* It is the process that changes the food that we eat into a simpler form.

**Our bodies give us signals when we need to eat.**



### Digestion starts in mouth by:

- 1-Chewing the food in our mouths by teeth to cut into smaller pieces and saliva soften the food to break down.



2- After swallowing the food, the muscles push food into the stomach.

**Stomach:** is a large muscular organ.

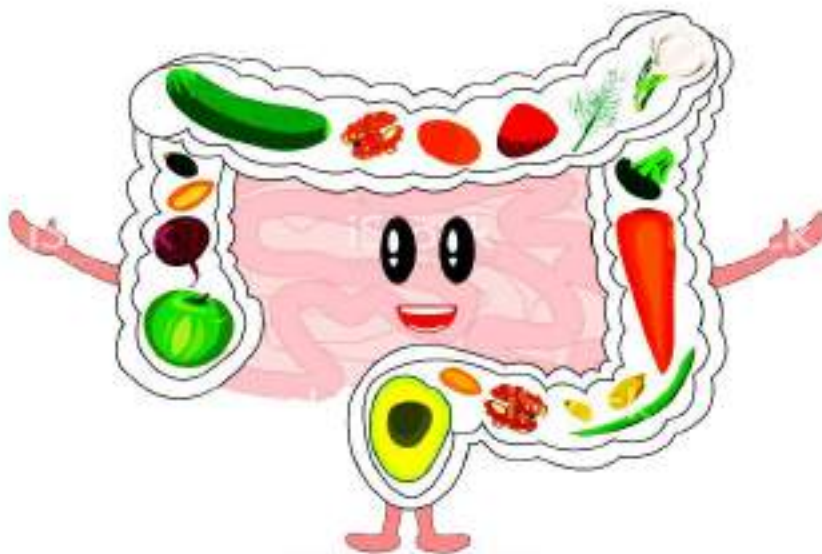


3- Stomach stirs and squeezes food with the acidic juice (lemon juice)

4- The digested food leaves the **stomach** and moves to the **intestine** to continue digestion.



5-When food is digested, **nutrients** are carried away in the **blood** to give us **energy**.





## Worksheet



Put (  $\sqrt{\quad}$  ) or (  $\times$  ) :-

1- Digestion starts in stomach. ( )

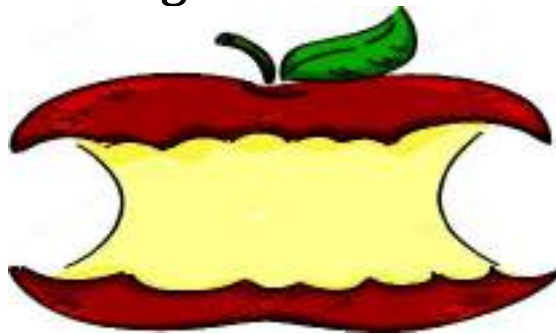
2- Stomach is a large muscular organ that helps to digest food. ( )

3-After you swallowing, bones push the food down to your stomach. ( )

4-Our food contains more nutrients that must be broken to provide us with energy. ( )

5- Our stomach contains saliva that mixes with food. ( )

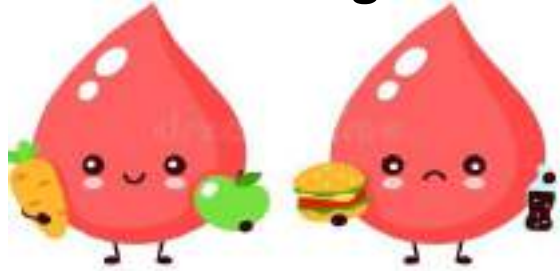
6-We chew food using our teeth. ( )





## Rearrange the steps of digestion:

☐ Nutrients go to the blood to give us energy.



☐ Stomach stirs and squeezes food with acid.



☐ Swallowing the food.



☐ Stomach grumbles when we need to eat.



☐ Chewing the food in our mouth.



## Lesson (15)

### My Heart

- The heart is a muscular organ and strong organ.



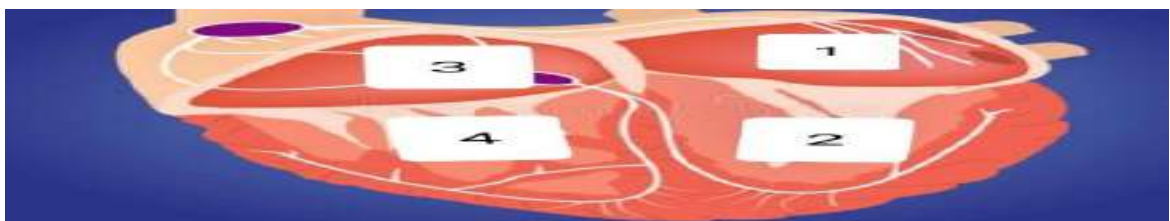
- The heart is located between your two lungs inside your chest.



- Heart is in the size of your fist.



- Heart has four chambers, filled with blood when it expands or stretches.





- Heart pumps the blood to all the body parts.
- When the heart contracts or squeezes, it pushes blood out into blood vessels that run through the body.
- The heart beats many times per minute, each beat pushes blood through the body.



- Blood contains food and oxygen.



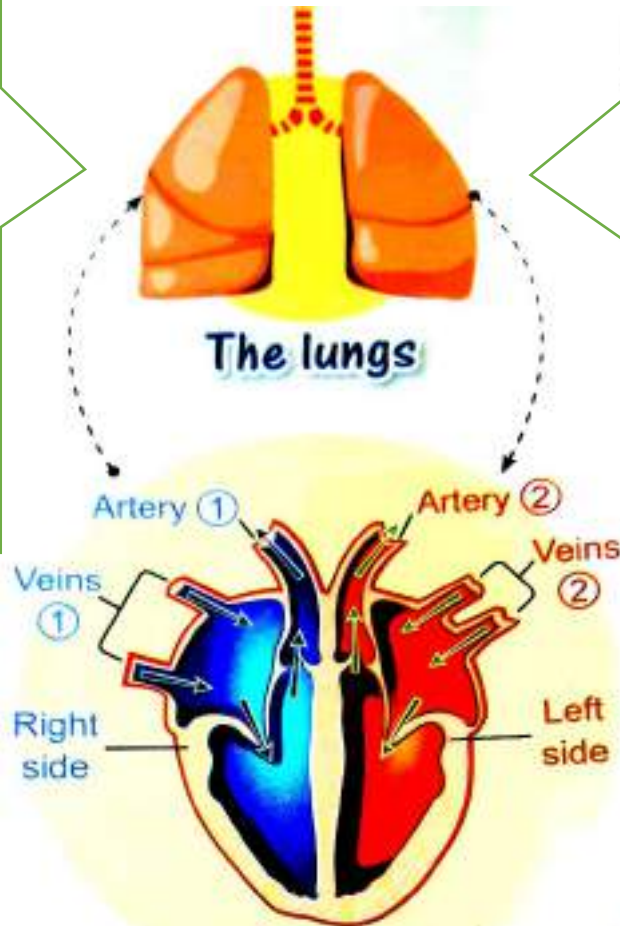


## The path of blood through the heart

2- The heart pushes blood through artery to the lungs.

Oxygen from the air we breathe is added to the blood in the lungs.

3- Blood filled with oxygen travels from the lungs to the left side of the heart through veins.



1- Blood comes from all the body part to the right side of the heart through veins.

4- The heart pumps blood through artery to all the body parts.

This blood carries the oxygen and other nutrients



## Worksheet

### Match:

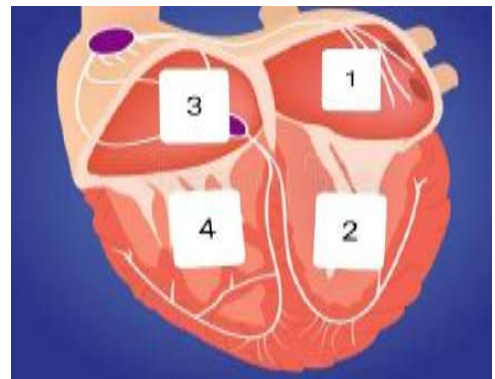
**Heart is a strong organ.**



**Heart is located in the middle of your chest**



**Heart is in the size of your fist.**



**Heart has four chambers.**





◆ What is the function of the following?

-HEART

.....

- VEINS

.....

-ARTERY

.....

◆ Choose the odd word

1-Heart –Artery –Mouth – Vein ( )

2-Stomach – Mouth - Eyes – Intestine ( )

3-Apple- Carrot –burger –Meat ( )



## Lesson (16)

# States of matter

There are three states of matter

**Solid**



**Gas**



**Liquid**



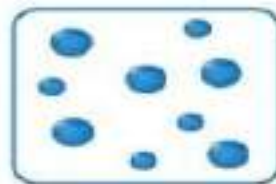
**Gas**



**Liquid**



**Solid**





## Examples:

### SOLIDS



**ICE**



**BRICK**



**WOOD**



**IRON**

All materials, whether they are solids, liquids or gases are made up of tiny particles, called atoms or molecules.

### LIQUIDS



**PETROL**



**VINEGAR**



**PAINT**



**WATER**

The arrangement and energy of the particles are different in solids, liquids and gases.

### GASES



**HELIUM**



**OXYGEN**



**CARBON  
DIOXIDE**



**HYDROGEN**



Draw the words into the correct column:

| Solid | Liquid | Gas |
|-------|--------|-----|
|       |        |     |

|                                                                                           |                                                                                           |                                                                                          |                                                                                           |                                                                                              |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
|  WIND  |  RIVER |  WOOD |  SMOKE |  JUICE  |
|  TABLE |  STEAM |  RAIN |  BOOK  |  HELIUM |
|  SODA  |  SHOE  |  LEAF |  SOAP  |  APPLE  |



# Worksheet

Put the word in the correct place

1.



5.



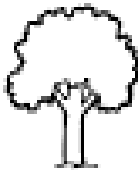
2.



6.



3.



7.



4.



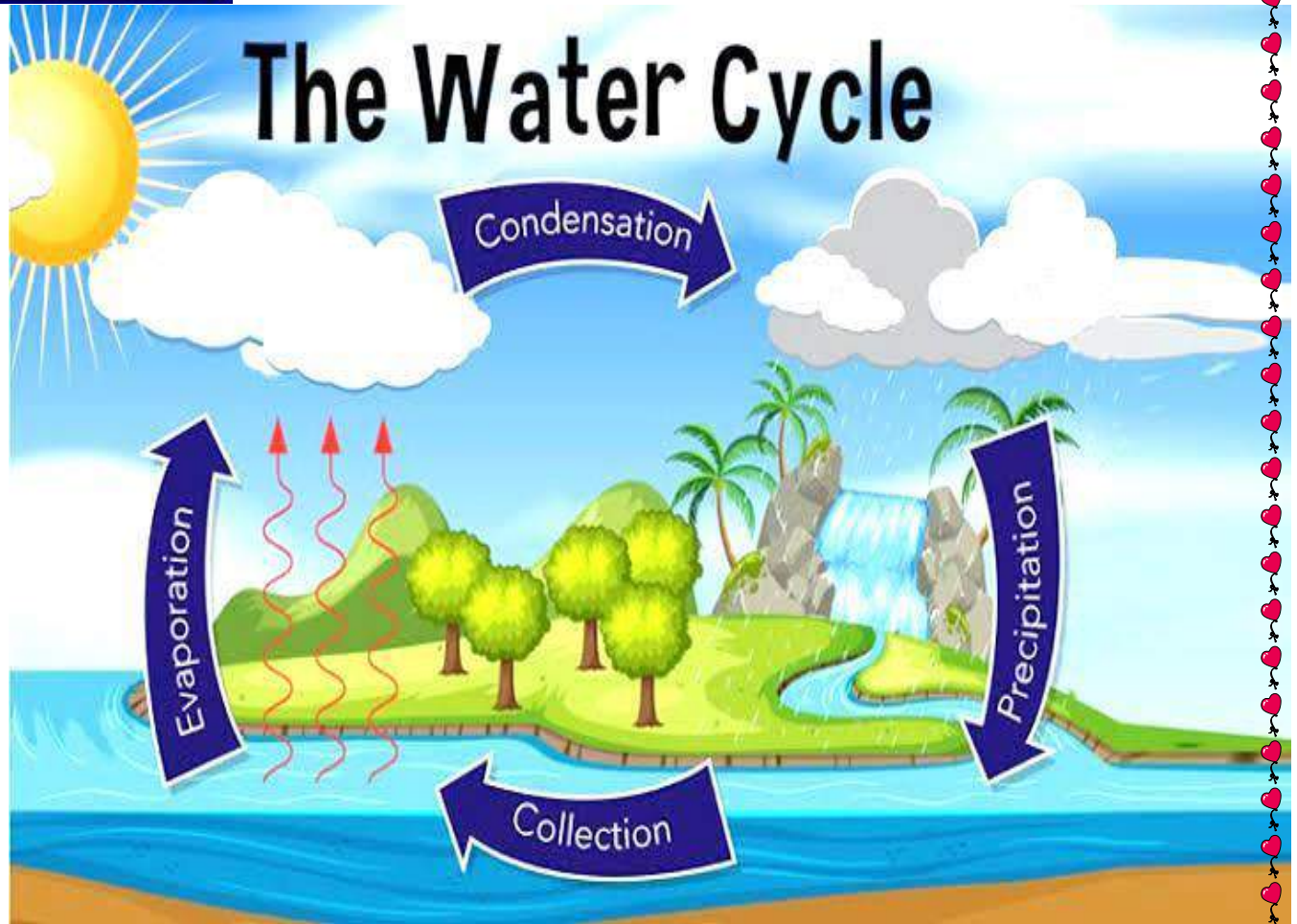
8.



|        |        |       |        |
|--------|--------|-------|--------|
| solid  | liquid | gas   | solid  |
| liquid | gas    | solid | liquid |



## The water cycle in nature

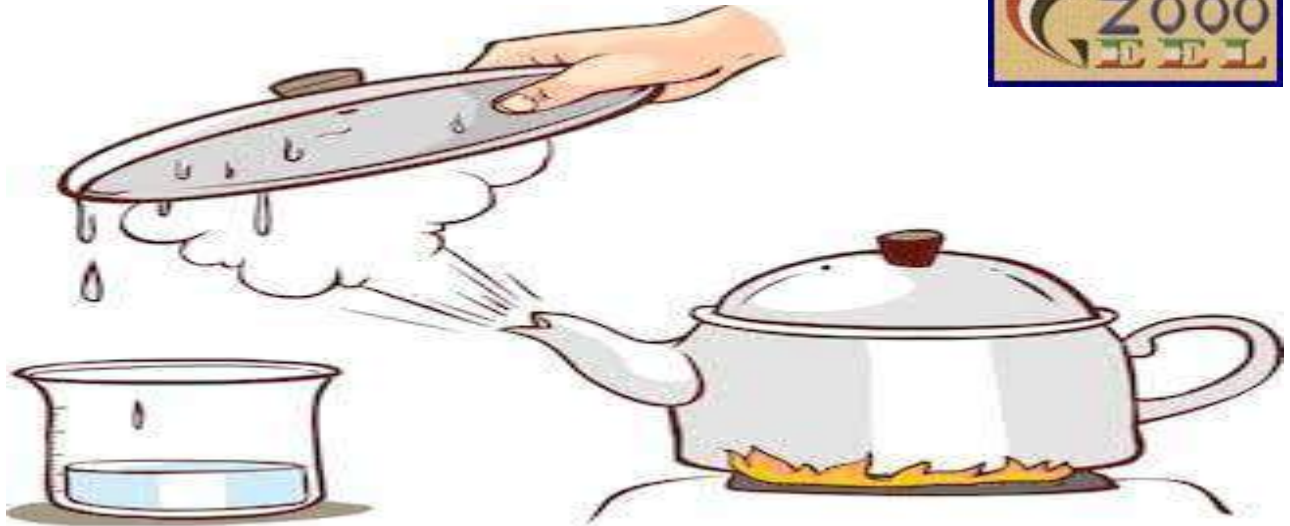


**Evaporation:** it is the change of water into water vapour.



**Condensation:** it is the change of water vapor into water.





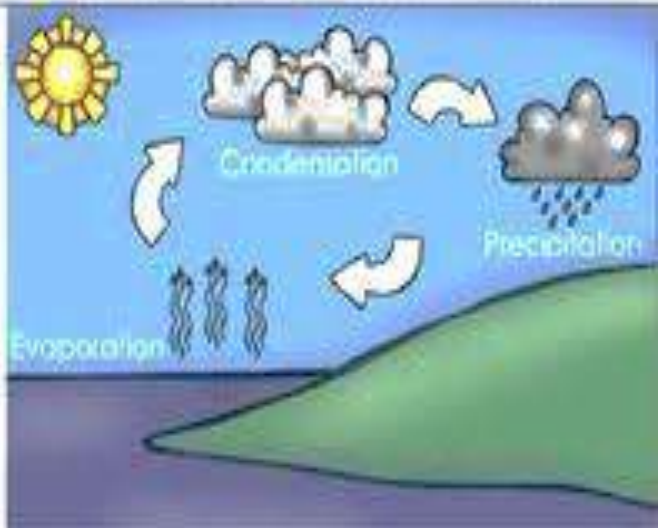
# Precipitation

The cloud gets heavy and can no longer hold the liquid. Soon, rain, snow, sleet, or hail falls.



# The Water Cycle

This cycle repeats.

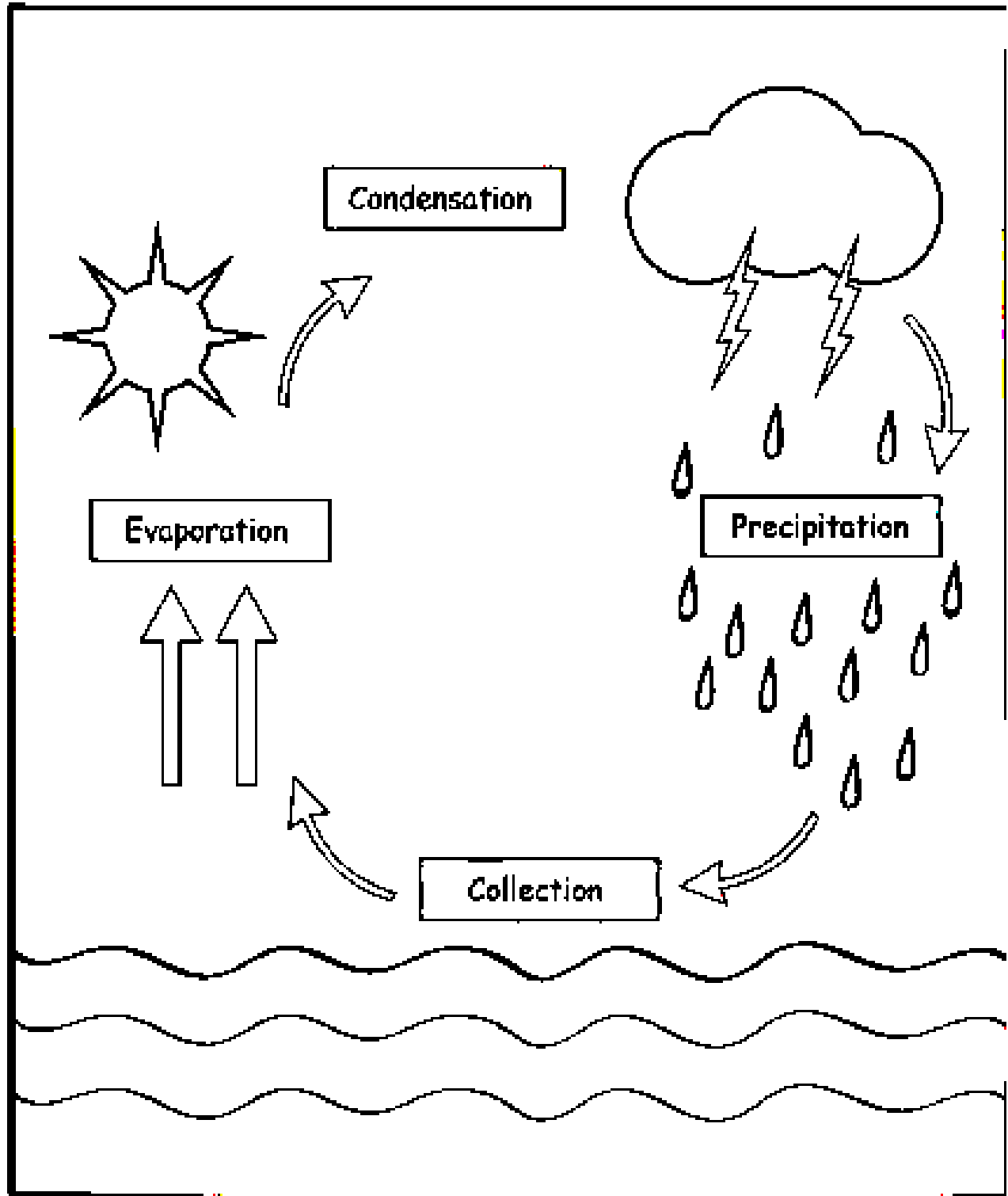




# Worksheet

## The Water Cycle

Color the picture. Talk about the picture

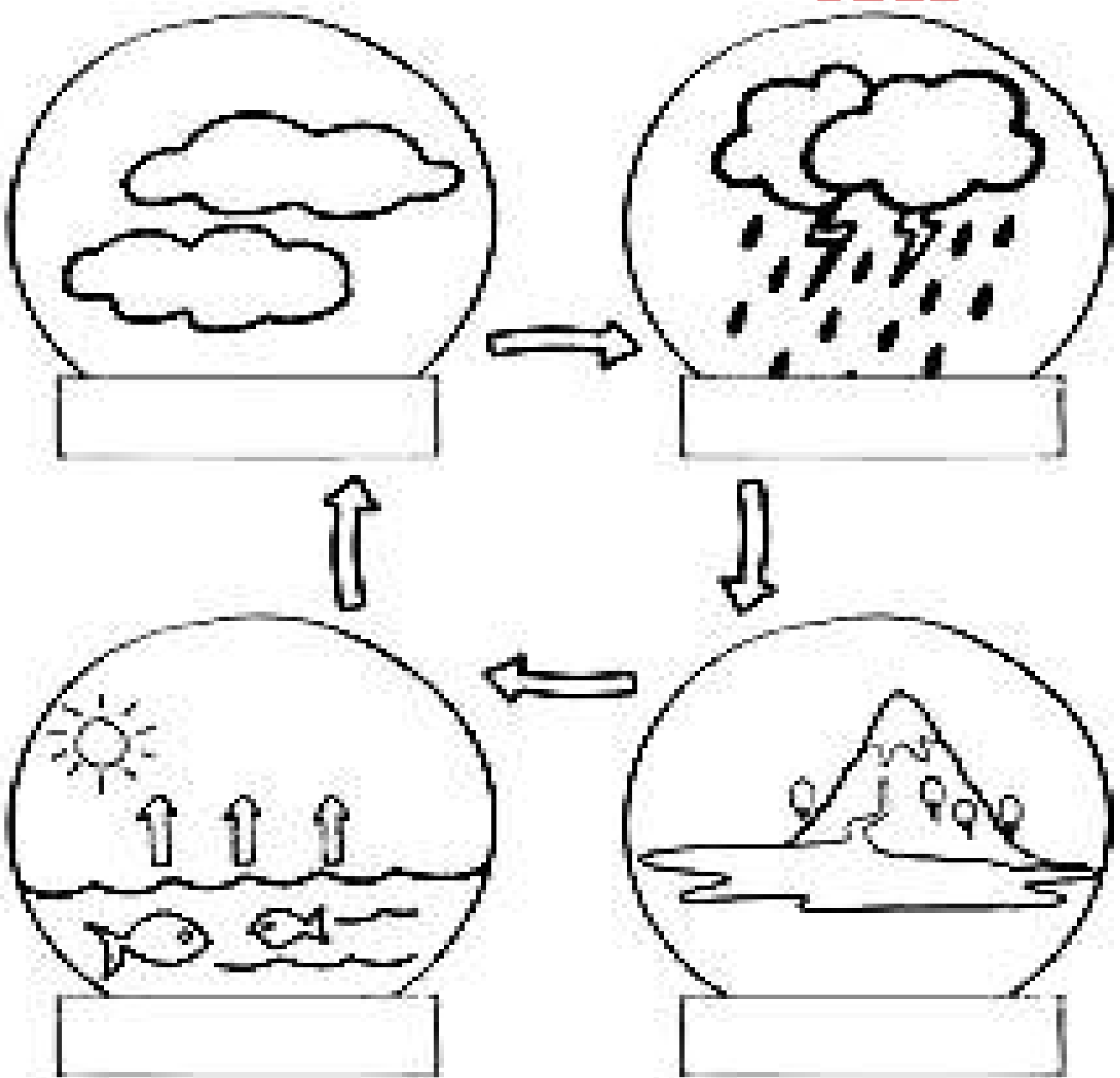




# Worksheet

Complete the cycle with these words:

(condensation – collection – evaporation -Precipitation)







Write the scientific term using the following words:

**(Evaporation –Condensation -Precipitation )**

1- It is the change of Water vapor into water.  
( )

2- The cloud gets heavy and can no longer hold the liquid so rain falls.  
( )

3- It is the Change of water into water vapor.  
( )



## Lesson (18)

# Why Water Matters

### What are the benefits of water?

- 1-It keeps our bodies temperature constant.
- 2-It helps joints move properly.
- 3-It protects bones.
- 4- It gets rid of toxins and wastes.
- 5-It dissolves some vitamins.



SO we are “Hydrated” when we drink enough amount of water, that keeps our bodies function well.

### What happens when we lose too much water?

We will

- 1- Feel thirsty.
- 2- Feel tired, dizzy and weak.
- 3-Have a headache.
- 3-Become dehydrated.



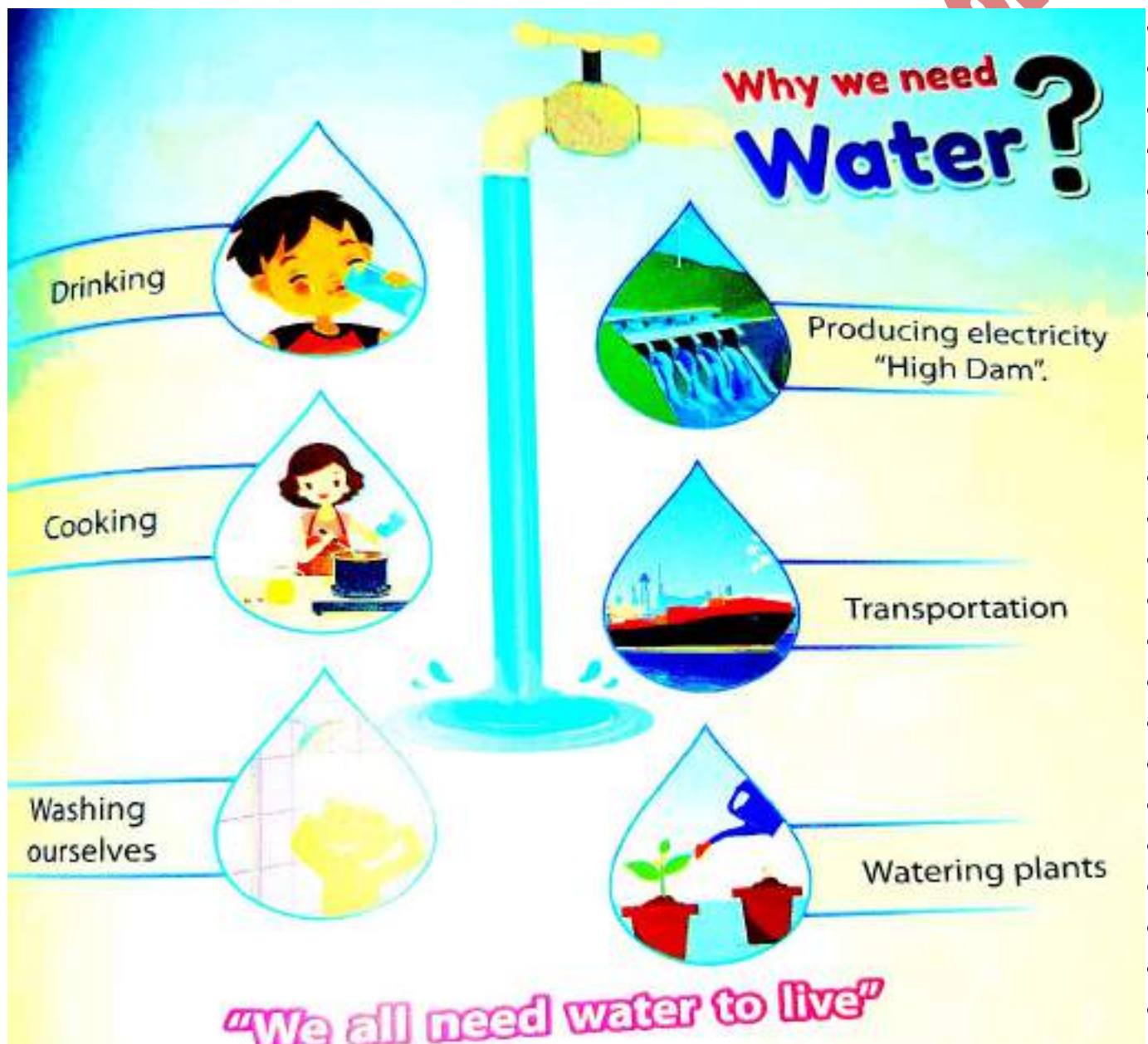
So we are “Dehydrated” when we lose too much water without replacing it. (We lose a lot of water during the day when we breath, sweat and when we go to the bathroom.)

## Note:



- 1-You should drink 2 liters (8 cups) of water every day.
- 2-Water occupies most of our body.

## Importance of water:





# Worksheet

Choose the correct answer:

1-Water helps us to get rid of..... And wastes.

1-toxins            2-food            3-vitamins

2-We need to drink.....of water every day.

1-2cups            2-4cups            3-8cups

3-.....is when we drink enough amount of water, that keeps our bodies healthy.

1-Hydration            2-Dehydration

4-We lose water by.....

1-drinking            2-sweating            3-eating

5-If we are dehydrated, we will feel..... and tired.

1-dizzay            2-healthy            3-happy

